

LETTER TO THE EDITOR

Eric Bealer

Lexington, KY

Dear Editor,

Whilst I support the importance of practicing calorie restriction and the research that has continually reinforced its importance, I am moved by a letter I saw in *National Geographic* (March 1998; 193, Forum). The letter stated:

"To subject Rhesus monkeys to constant hunger in the name of longevity studies when humans have shown themselves incapable of restricting food intake is absurd. The monkeys go crazy grasping at their meager rations. What is the benefit?"

During my lifetime I have seen various areas on this planet where calorie restriction is a way of life, forced upon them because there is not enough to eat. Whilst there are many that are quite healthy despite this deprivation, I am not impressed by their intellect. Improvements in life span throughout history have not been associated with calorie restriction, the association is with the humble plumber.